

Wellness

At the heart of our retreats lies The Shack Wellness, your sanctuary of transformation. Our approach stems from a belief that every individual inherently possesses the ability to achieve emotional, mental, and structural wholeness. The Shack is more than just a wellness center, it's an invitation to explore your inner universe, a canvas for you to paint your unique wellness journey.

As a guest of any Vik Property, we welcome you to use the gym at your pleasure. All other treatments may be scheduled in advance and are available at an additional rate. Sauna and steam room are available on a first-come, first-served basis and subject to availability.

RATES BY SEASON

- > Regular Rates: March - November
- > High Season Rates: December - February

MASSAGE & HEALING ARTS

Includes sauna & steam access before or after treatment. Most sessions available in 60 or 90 minutes.

DEEP TISSUE MASSAGE

Targets chronic muscle tension and fascia with slow, deep pressure, improving mobility and easing pain.

SWEDISH MASSAGE

Classic European technique promoting circulation, energy flow, and full-body relaxation.

LYMPHATIC DRAINAGE

Gentle, rhythmic technique for detox, immune support, post-flight recovery, and reduced swelling.

THAI MASSAGE

Performed clothed on a mat with assisted stretching, acupressure, and joint mobilization for deep release.

KOBIDO (JAPANESE FACIAL MASSAGE)

Lifting strokes and lymphatic drainage to tone, sculpt, and refresh facial appearance.

SHAMANIC ENERGY HEALING

Breath, touch, smoke, and ritual tools to clear energetic stagnation, release heaviness, and restore harmony.

LOMI LOMI – HAWAIIAN MASSAGE

It is an extremely relaxing and repairing massage. The therapist uses soft and fluid movements with hands and forearms imitating the movements of the sea. Lomi lomi also unblocks stagnant energy, activates blood and lymphatic circulation.

Rates

- > Regular | \$ 140 (60 min) / \$ 165 (90 min)
- > High Season | \$ 165 (60 min) / \$ 205 (90 min)

SOUND BATH CEREMONY

- > Price | \$ 300 (60 min)



Wellness

YOGA CLASSES

Group Yoga

SHACK HARMONY

Steady, all-levels mindful movement with breath awareness and guided meditation.

SHACK FLOW

Dynamic vinyasa flow for strength, mobility, and energy. Creative transitions and modifications offered.

SHACK RESET

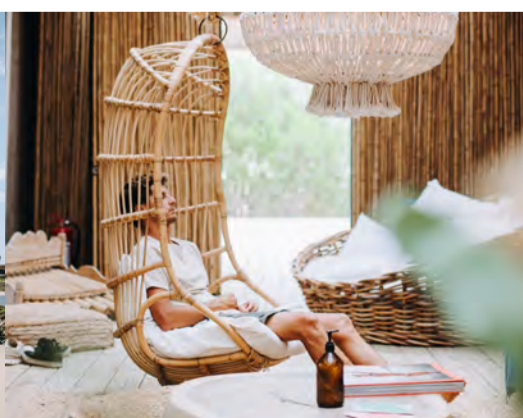
Restorative practice with supported postures, breathwork, and meditation to release tension and restore balance.

Group Yoga Class Rates

- > Regular Rate | \$ 25
- > High Season | \$ 30

Private Yoga & Pilates (Mat)

- > Regular | \$ 120
(up to 2 people, + \$ 20 per additional person, 60 min)
- > High Season | \$ 140
(up to 2 people, + \$ 20 per additional person, 60 min)
90 min option available: \$ 165 (Regular) / \$ 185 (High)



Wellness

STRENGTH TRAINING CLASSES

Group Training

CONTROL (Level I)

Foundation work: precise technique, posture, and breathing. Slower pace with lighter loads to improve form, stability, and confidence. Ideal for beginners, those returning after a break, or anyone focused on injury prevention.

DYNAMIC (Level II)

Strength training with an elevated pace for calorie burn and conditioning. Combines multi-joint lifts, resistance work, and functional exercises to improve stamina and functional strength without going HIIT-extreme.

LOAD (Level III)

For experienced lifters ready to push limits. Focus on progressive overload, lower reps, and heavier weights for measurable strength and muscle gains. Structured, no-frills sessions centered on compound lifts.

Group Class

> 1 session | \$ 65

Private Class

> 1 session | \$ 132

REST & RESTORE

Experience the deep healing benefits of infrared light, combined with crystal therapy and mineral bath. This solo session gives you exclusive use of a private room with full installations:

Infrared sauna session with Clearlight Infrared technology

Amethyst crystal Biomat for circulation and relaxation

Mineral-infused bath to restore and detoxify

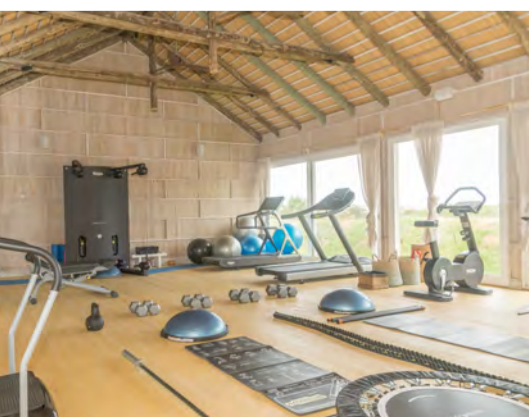
> 45 min | 1 session | \$ 65

> 60 min | 1 session | \$ 75

Sauna Pass (60 min dry sauna + steam room):

> \$ 30 (low season)

> \$ 45 (high season)



SIGNATURE RITUALS

Wellness

WELCOME RITUAL

Private yoga or meditation (60m) + Infrared sauna + Biomat (30m) + Herbal elixir or kombucha + Full wellness access

- > Regular | \$ 240
- > High | \$ 270

RESTORE & RECHARGE DAY

One group class + 60-min massage + Full wellness access + juice or tea

- > Regular | \$ 260
- > High | \$ 290

PRIVATE SUNSET RITUAL (2 -5 PPL)

Private golden hour yoga (60m) + Sound bath + Herbal tea + Optional champagne/mocktail

- > Regular | \$ 320
- > High | \$ 350

JET LAG RECOVERY RITUAL

Restorative private yoga with breath reset + Lymphatic drainage massage + Infrared sauna + Herbal tea

- > Regular | \$ 280
- > High | \$ 310

SIGNATURE RETREAT DAY

Option 1 | Inner Strength:

Full-body evaluation + Private strength training + Sauna + Biomat + 90-min deep tissue massage + Sound/breath journey + Green juice + Wellness access

Option 2 | Release & Restore:

Consultation + Private yoga + Guided meditation + Sauna + Biomat + Salt bath + Shamanic healing + Juice/elixir

- > Regular | \$ 480
- > High | \$ 520

*All prices are in USD.
Responsible use of sauna & steam room (max. 60 min per day).*

